committed to a better future

The University of Michigan (U-M) is committed to solving sustainability challenges on local-to-global scales by creating, teaching, and practicing innovative approaches that improve the health of the planet, inspire future generations, and advance the international sustainability conversation.

U-M’s sustainability commitment was solidified in 2009, when President Mary Sue Coleman launched the “Planet Blue” initiative to strengthen U-M’s sustainability efforts spanning research, education, community outreach, and operations. This commitment was further strengthened in 2011, when President Coleman announced a $14 million investment to help fulfill campus sustainability goals following these guiding principles:

1. **climateaction**: We will pursue energy efficiency and fiscally responsible energy sourcing strategies to reduce greenhouse gas emissions toward long-term carbon neutrality.

2. **waste prevention**: We will pursue purchasing, reuse, recycling, and composting strategies toward long-term waste eradication.

3. **healthy environments**: We will pursue land and water management, built environment, and product sourcing strategies toward improving the health of ecosystems and communities.

4. **community awareness**: We will pursue stakeholder engagement, education, and evaluation strategies toward a campus-wide ethic of sustainability.

“The goals are ambitious,” President Coleman said when she announced them. “But with the resolute efforts of many, they are achievable.”

That’s where you—and this fourth annual “How to Be a Green Wolverine” Guide—come into play. This booklet, which originated as an ENVIRON/RC/DIV391: Sustainability & the Campus student class project, is designed to help you and your fellow U-M community members move the campus and yourselves on a path to sustainability. We cannot reach our goals without living it every day and encouraging our friends and family to do the same. We hope you use this guide as a reference for information, insights—and inspiration.

“I want the message to be clear: sustainability defines the University of Michigan. Combine maize and blue, and you get green.”

— U-M President Mary Sue Coleman, September 27, 2011

3 **climateaction**: tips for reducing energy use and saving money, with a focus on sustainable transportation options

8 **waste prevention**: a wide range of helpful hints to prevent waste and recycle what's left

11 **healthy environments**: How to conserve water, protect water quality, and eat sustainable, healthy foods

14 **community awareness**: get involved and be a “Green Wolverine”

21 **green market**: a handy reference section to sustainably minded shops, businesses, and organizations

learn more at www.sustainability.umich.edu
climate action

U-M’s goal is to reduce greenhouse gas emissions by 25% by 2025. Energy usage from fossil fuels is the major contributor to the buildup of greenhouse gases in the atmosphere, which is causing climate change. The less energy we use, the more we mitigate the increase of greenhouse gases and save money. Every small action counts.

simple ways to conserve energy

- **Unplug all electrical appliances when not in use.** Even when appliances are switched off, they can still draw power. To make things easier, use a power strip that you can easily turn off when you leave a room. Refrigerators, especially mini-fridges, use an enormous amount of energy, so unplug your mini-fridge when it’s not in use!
- **Keep your fridge stocked.** Refrigerators and freezers are most efficient when they are full. Or better yet go without a fridge or share one with a friend.
- **Dress appropriately for the season.** For example, wear layers of clothing during the winter months so you don’t have to turn up the thermostat.
- **Keep thermostats set at 68° during cold months and 76° during warm seasons.**
- Remember to **close outer doors and windows** when the heating or cooling systems are on.
- **During winter days, open blinds, drapes, and curtains** to allow sunlight in for solar heat gain. In the evenings, close blinds, drapes, and curtains to reduce thermal heat loss.
- **Avoid the use of portable electric space heaters.**
- **Use hot water sparingly.**
- If you are in a U-M building and there is a heating/cooling issue, contact energyconservation@umich.edu.
energy-efficient lighting

- Turn off lights when leaving a room.
- Take advantage of natural daylight when possible. Open the blinds and turn off your lights.
- Consider using desk lamps (“task lighting”) and reducing overhead lighting.
- Replace incandescent light bulbs with compact fluorescent light bulbs or LEDs where possible.
- Dim room lights when working on a computer, so you can easily see your computer screen without turning up the brightness level on the monitor.

energy-smart computing

- Turn your computer off at night or when you are out of town. Also, do not turn your computer on until you are ready to use it. (Note: Turning your computer on and off will not harm it. The life of a monitor and computer is related to the amount of time it is in use, not the number of on-and-off cycles.)
- The best screen saver is no screen saver at all. Screen savers use just as much energy—or more—as when you are actively using the computer.
- Do not plug in your printer until you are ready to print. Printers consume energy even while they are idling. Better yet, use shared printers in Community Learning Centers or U-M computing sites.
- Take advantage of power-efficiency settings (available in the system preferences of most computers).
- Think before you print! When typing documents, format your document to as few pages as possible by using a smaller font, decreasing line spacing, choosing narrower margins, and using double-sided printing.
- Review your document and emails on the screen instead of printing.
- Always buy and use recycled-content paper. Look for paper with 50-100% post-consumer waste that is non chlorine bleached.
- Buy vegetable or non-petroleum-based inks. These printer inks are made from renewable resources, require fewer hazardous solvents, and, in many cases, produce brighter, cleaner colors.
- Recycle your printer cartridges by contacting Mikan Corporation at (734) 944-9447. They will provide collection boxes and pick them up from your building when filled.

wattage wisdom

If electronics are off, they’re still using power. Up to 10 percent of a power bill goes to run electronics that have already been turned off! Unplug whatever you are NOT using to save money and energy.

- Unplug laptop and cell phone chargers when your device is fully charged. Chargers left plugged in continue to draw ‘vampire power’ even when they’re not actually charging the device.

transportation

U-M’s goal is to reduce the carbon intensity of passenger trips on U-M transportation options by 30% by 2025. Why hassle with traffic and parking? Save money and the environment with these transportation options for traveling on and off the U-M campus.

By Foot

The campus area is completely accessible for walking. The State Street and South University areas border central campus and are full of restaurants and shops. On North Campus, there are plenty of footpaths.

By Bike

In March 2012, U-M was designated as a Bicycle Friendly University by the League of American Bicyclists. Bicycling is an easy alternative to walking (just be sure to remember your helmet). It’s faster, and bike parking is available near all class buildings and on the streets. A map of Ann Arbor bike paths can be found at www.a2gov.org/bike and U-M bike maps at www.pts.umich.edu/maps.

Outdoor Adventures, part of U-M’s Department of Recreational Sports, introduced the Planet Blue Bike Rental Program in Fall 2012—through which you can rent a “Blue Bike” for a day, a weekend, or even a full semester! Please flip back to the Green Market Guide on pg. 21 for more information.

In addition to bike rental, there are several supporting bicycle amenities on campus, including: two public air pump stations (North Quad and Pierpont Commons), and a “fix it” station near the Central Campus Transit Center where cyclists can access available tools for quick fixes. Cyclists also have the option of renting a space in the enclosed bike-storage facility located on the south side of the Thompson Street parking structure. The secured facility contains 50 spaces for bicycles and an air compressor. The University is also participating in discussions to bring a bike-share program to campus and the Ann Arbor area in the future.

By Bus

Michigan Bus Line: The fleet of Michigan buses now includes multiple hybrid buses, so you can feel even better about using this mode of public transportation. Blue buses can take you to all of the separate-but-interconnected areas of the entire campus. The best part is that it’s FREE! Bus stops are located throughout campus. Details at http://pts.umich.edu. NOTE: Want to know exactly when your bus is coming? Magic Bus provides a real-time view of each Michigan bus at http://mbus.pts.umich.edu.
The Ann Arbor Transportation Authority (AATA) - The Ride: This bus system travels throughout the City of Ann Arbor and to Ypsilanti. AATA offers 28 routes that make it easy to get to the grocery store, the mall, or to downtown Ann Arbor. With a U-M i.d., students and staff can ride FREE. Pick up a route schedule and guide on the bus, or visit www.theride.org.


Megabus: Megabus is a low-cost, express bus service offering trips to many Midwest and Northeastern destinations for as low as $1 per trip, including its popular route to Chicago. The Ann Arbor stop is located at 2694 S. State St. Find schedules and rates at http://us.megabus.com/.

AirRide: A great option for getting to the Detroit Metro Airport is AirRide, a partnership between AATA and the Michigan Flyer (also provides transportation to East Lansing). This bus runs 12 trips every day, starting as early as 4:45 a.m. There are multiple bus stop pickup locations around Ann Arbor and you will be dropped off right at your terminal. Make a reservation, or just walk on. More information can be found on the AirRide website at: www.myairride.com.

By Train

Amtrak: Travel from Ann Arbor toward Chicago or Detroit with the Amtrak train. Details and tickets at www.amtrak.com.

By Car

Carpool: When traveling outside of Ann Arbor for an event or trip, plan to carpool and take the most fuel-efficient car available to you. GreenRide, an online rideshare application can help match you with people whose destinations are similar and can be accessed at www.isharearide.org/u-m.

Zipcar: If you need a car temporarily for an errand or excursion and are at least 18, rent a Zipcar. There are nine Zipcar pick-up locations at U-M, and your low reservation rate includes gas. U-M sign up, including specific membership and reservation rates, can be found at www.zipcar.com/umich.

road rage

According to the U.S. Department of Transportation, about 140 million motor vehicles in the U.S. are driven nearly 4 billion miles per day, using more than 200 million gallons of gasoline.
waste prevention

We can’t enlarge Earth to accommodate all of our stuff. So, let’s do our best to adopt the following helpful hints to minimize our consumption and waste (with a particular focus on the “three Rs” in the order listed). Let’s reach and exceed the U-M goal of reducing waste sent to the landfill by 40% by 2025.

1. reduce

• **Buy only what you need** and use all of what you buy.
• **Choose products with minimal packaging.** (Hint: Packaging should protect the product from damage, keep it clean and sanitary, and present product information; anything more than this is unnecessary and wasteful.)
  • Purchase products in packaging that can be readily recycled and, even better, is made from recycled material.
  • **Buy in bulk.** It will reduce waste and save you money in the process.
• **Refuse bags at stores!** When you buy one or two items at a store, carry them out in your hands or take a reusable bag with you to carry your purchased items.
• **Be prepared, and get in the habit of carrying,** a reusable travel mug, water bottle, fork, and shopping bag in your backpack.
• **Ask for electronic receipts and statements.** If 20% of Americans switched to electronic bill receipt and payment, we could save almost 2 million trees and 100 million gallons of gasoline a year.
• **Go trayless.** Not using a tray in residential dining cuts down 30% of food waste.

2. reuse

• **Give away what you no longer want or use** (such as a DVD, book, item of clothing, piece of furniture, board game, or virtually anything else); a friend can probably put the item to good use. You can also give items away free online at www.freecycle.org.
• **Sell your unwanted products** on sites like Craigslist.org, and buy used whenever possible.
• **Take along washable cups or travel mugs** instead of disposables.
• **When you do use disposables** (like plastic cups, plates, utensils, and plastic food storage bags) don’t throw them away! **Wash and reuse disposables.**
• **Repair items when they break** instead of replacing them.
• **When you replace something, donate** the old one (if in good condition) to charitable outlets like Goodwill or Salvation Army (list on pg. 22).
• **Hold a yard sale** and ask your neighbors to join in too.

• **Instead of using paper towels for cleaning, buy a few dishcloths.** You’ll be amazed how unnecessary paper towels turn out to be.
• **When you need to purchase something, check yard sales, charitable outlets, and resale stores** first. To find more information, flip back to the Green Market Guide on pg. 22.

3. recycle

Only after reducing and/or reusing your goods do you recycle what is left over! Fortunately, U-M makes it extremely easy to recycle, with recycling bins available throughout the Ann Arbor campus — including every residence hall room! Better yet, **recycling is single-stream,** so there’s no need to separate paper from glass or plastic: **just throw all recyclables in the bin.**

Recycling bins made a much-anticipated return to the Diag during the 2011-2012 school year. Please help make this program a success and **be careful NOT to throw trash in the designated recycling bins.**

Want to know how to recycle miscellaneous things like old CDs and DVDs, electronics, ink cartridges, jewelry cases, and Styrofoam? Visit U-M’s Waste Reduction and Recycling department’s website for detailed instructions and contact information about how and where to recycle just about everything that can be recycled! Also, please check your residence hall or apartment Community Center for battery recycling options.

For details about recycling at U-M, log onto www.recycle.umich.edu.

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can do

Energy saved from one recycled aluminum can could operate a TV set for three hours.

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call for canteens!

The average American uses 166 disposable water bottles per year! If every U-M freshman used the reusable Planet Blue water bottles they receive, we’d keep nearly one million plastic bottles from going to a landfill every year!
healthy environments

The U-M community is over 80,000 members strong. Just think of what an impact we can make if we all focused on being responsible “stewards” of our land and water.

water conservation

- **Use reusable water bottles** instead of plastic. It takes three to five liters of water to manufacture a single 1-liter plastic disposable bottle. Using a reusable water bottle also saves you money! When refilling your reusable water bottle, choose one of the over 100 Refill Stations on campus. Refill Stations are easy to use and many track the number of plastic water bottles saved!
- **Shorten your shower** by a minute or two per day, and you’ll save up to 150 gallons of water per month.
- **Turn off the water** while you brush your teeth, wash your hair and hands, and shave.
- **Use cold to lukewarm water** to hand wash dishes, not hot water.
- **Use a dishwasher** if you have one! They use significantly less water than washing dishes by hand. Only run when full and on cool water settings.
- **Wash clothes in cold water** to save energy and to help clothes maintain their color.

water quality

Unlike wastewater, which is treated at a wastewater treatment plant, stormwater receives no treatment before being discharged to surface waters. U-M is reducing runoff and is working to reduce the volume of land management chemicals used on campus by 40% by 2025. In Ann Arbor, all stormwater (and any pollutants carried by stormwater) is discharged to the Huron River and its tributaries. You can do your part to protect our watershed by following the practices below:

- **Don’t flush your extra medications!** When drugs go down the drain, traces of the flushed chemicals can reach the environment. Water treatment facilities are not equipped to filter out drugs and certain chemicals. Check out www.dontflushdrugs.com for more information and proper disposal methods.
- **Use green cleaners and personal care products.** Chemicals in household cleaners and personal care products end up in our waterways. Use more environmentally friendly options. Never pour excess household cleaners or oil-based paints down the drain. Check out greener alternatives at http://river-huron.org.
• Do NOT dump waste in storm drains! They flow directly to the Huron River, the source of 85% of our drinking water. Make sure no litter (such as plastic party cups) or hazardous liquids (such as oils or soapy water) goes down a storm drain.

• Maintain your car. Fix any oil, antifreeze, transmission fluid, or brake fluid leaks immediately to keep these toxic liquids out of our waterways. Inquire at your automotive shop about proper disposal methods.

• Practice sustainable lawn maintenance such as using less fertilizers and pesticides, phosphorus-free fertilizers, watering less, growing native plants, and allowing buffer zones between waterways and maintained lawns.

local and sustainable food

U-M's goal is procuring 20% of the food served on campus according to our sustainable food guidelines by 2025:

• Eat Organic! Organic farms don’t use harmful conventional pesticides.

• Eat Local! Know your farmer, ask them about their practices, and visit local farms. Communities benefit economically from small farms, and consumers get fresher food! More information on pgs. 23-25.

• Eat in Season. The average U.S. carrot travels 1,838 miles from where it is grown to where it reaches your plate. To find out what is in season in Michigan, check out NRDC's site: www.simplesteps.org/eat-local/state/michigan.

• Eat More Veggies. It takes 5,000 gallons of water to produce one pound of meat, while producing one apple takes only 18 gallons.

• Grow Your Own. According to the USDA, the average home gardener can grow $25 worth of produce for every dollar spent on supplies.

• Be a “Foodie”! There are multiple ways you can help promote sustainable food practices at U-M. Visit www.umstlp.com for information about multiple student groups involved in growing, distributing, and educating the campus about sustainable food.

• Bulk up. Buy non-perishable food (e.g. beans, grains, flour...) in bulk. Bring your own containers, and you will save money and reduce packaging waste! By the Pound and the People's Food Co-op both sell bulk food in Ann Arbor.
community awareness

Become part of the sustainability solution by getting involved in Planet Blue here at the university! Here are some of the many ways you can be a “Green Wolverine” on the U-M Campus:

**register your room as a Planet Blue room**
If you live in University Housing, be recognized for your sustainable lifestyle habits by registering your room as a “Planet Blue Room” and receive a certificate from your Planet Blue Student Leader. For more information, please visit www.sustainability.umich.edu/planet-blue-room.

**become a Planet Blue ambassador**
Any faculty, staff, or student who completes the online Planet Blue Ambassador training program can become certified. Learn more at www.sustainability.umich.edu/pba. (Be sure to browse the “Get Involved” section of the Planet Blue website for other related opportunities.)

**become a Planet Blue student leader in 2013/14**
Apply to this exclusive program, which is part of the Planet Blue Ambassador program, to train and serve as an “eco rep” in your University Housing community. As a Student Leader, you’ll connect students living in campus housing with opportunities and resources to live more sustainably. You’ll also earn two academic credits over two semesters in the process. For more information, visit www.sustainability.umich.edu/pba

**become an undergraduate Sustainability Scholar**
Current sophomores interested in joining a small cohort of sustainability-focused peers may apply to be part of the Graham Institute’s Undergraduate Sustainability Scholars Program. Each year, this competitive, two-year program accepts 30 high performing undergraduate students, who then pursue an 11-credit series of interdisciplinary field-based courses on sustainability and participate in a variety of leadership and cohort-building activities. For more information, or to apply, please visit the Student Programs section of the Graham Institute website at www.graham.umich.edu.

gulp!
Americans toss out enough water bottles in the U.S. to circle the equator every 2.9 days! It also takes three to five liters of water to make just one 1-liter plastic water bottle. Do your part to reduce these numbers by using your reusable water bottle!

declare a minor in sustainability
The University of Michigan offers a wide range of academic programs focused on the environment and sustainability—one of the newest being the Sustainability Minor offered through the Program in the Environment (PiTEx). So, whatever your major, if you have a passion for protecting the planet, check it out at www.lsa.umich.edu/pite.

come to Earthfest: Party for the Planet in the fall
The University of Michigan is full of activities and opportunities related to sustainability, and a fun and effective way to learn about the bulk of them is to come to Earthfest in the Diag each fall. Find details under “Events” on the Planet Blue website at www.sustainability.umich.edu.

explore the campus sustainability map
Explore the updated campus sustainability map to learn more about sustainability initiatives at locations near you. It’s easy to use on your mobile device! Available at www.ocs.umich.edu/map.

join a student group
If you’re interested in playing an active role in promoting environmental sustainability at U-M, here are a variety of student groups you may want to consider. To learn about these groups and what they do, visit www.sustainability.umich.edu/student-life.
- **Student Sustainability Initiative (SSI)** brings together student leaders to work closely with the Graham Environmental Sustainability Institute and the Office of Campus Sustainability. SSI organizes Zero Waste events, holds roundtable meetings for cross-campus discussion of environmental issues, and works to advocate positive change toward sustainability on campus among students, student organizations, faculty, and staff. www.umssi.org; Email: ssi-board@umich.edu
• Environmental Action (EnAct) is a group of students who work on environmental outreach and education, with a range of opportunities for students to learn about sustainability. EnAct also teaches children in the community about the environment. Email: enact.info@umich.edu

• Environmental Issues Commission (EIC) is part of Central Student Government. EIC strives to make U-M more sustainable by working with the administration and other student groups. They also coordinate the annual Earth Week events on campus. Email: csg.environmental-issues@umich.edu

• Kill-a-Watt works to involve all students in energy and sustainability issues while reducing energy use for its environmental and financial benefit. They run an annual energy-saving competition in U-M Housing. www.killawattum.org; Email: killawatt-info@umich.edu

• Michigan Student-Athletes for Sustainability (M-SAS) was formed for student-athletes who are interested in sustainability and the environment. The group works to seek out ways to promote more environmentally friendly solutions for student-athletes. Email: MSASustainability@umich.edu

• University of Michigan Sustainable Foods Program (UMSFP) is a hub for all sustainable food-related work and study on campus, enabling efficient sharing of resources. They provide resources, events, workshops, and opportunities for students, faculty, staff, and the community to work together on sustainable food and agriculture issues. www.umsfp.com; Email: umich.comm@umich.edu

• BLUElab works on real-world projects locally and in developing countries, allowing engineering students to enhance their technical abilities while gaining a better understanding of the impact of their work. www.engin.umich.edu/societies/BLUElab

• MPowered fosters an entrepreneurial culture on campus by supporting student ventures, competitions, and educational programs. MPowered strongly recognizes the need for change to better the environment through big ideas. www.mpowered.umich.edu; Email: mpowered-contact@umich.edu

• Solar Car Team designs, builds, finances, and races a solar powered car in competitions around the globe, fostering sustainable research and technology. www.solarcar.engin.umich.edu; Email: solarcar@umich.edu

• Student Food Co. is a U-M student group with a goal to make healthy, affordable, sustainable foods more accessible to students on campus and sell fresh produce on campus weekly. www.studentfoodco.com; Email: studentfoodco@gmail.com

• The Ginsberg Center provides a network of service-learning organizations to bring about social change. They also award grants and fellowships to students for many types of projects. www.ginsberg.umich.edu; Email: ginsberginfo@umich.edu

• Cultivating Community—educates students about sustainable food systems through hands-on organic gardening and community outreach. www.lsa.umich.edu/mlg/learn/cc/; Email: mbgna.cc@umich.edu

• Circle K International, the collegiate version of Kiwanis International, provides various community service opportunities for helping the environment and those in need. Check out the project calendar online, and sign up to help! www.umcirclek.org; Email: circlek@umich.edu

• The Detroit Partnership works on various community gardening, tree planting, and sustainability projects with Brightmoor Youth Garden, the Greening of Detroit, and Motor City Blight Busters in the City of Detroit. www.thedp.org; Email: dp-dir@umich.edu

• Ecology Center in Ann Arbor works at the local, state, and national levels for clean energy production, healthy communities, environmental justice, and a sustainable future. www.ecocenter.org

• Food Gatherers is a local non-profit that exists to alleviate hunger and eliminate its causes in Washtenaw County by reducing food waste through the rescue and redistribution of perishable and nonperishable food, coordinating with other hunger relief providers, educating the public about hunger, and developing new food resources. www.foodgatherers.org

During move-out week 2013, more than 10.61 tons of clothing, household goods, bedding, food, and other items were collected and donated to local non-profit organizations.
• Growing Hope helps people improve their lives and communities through gardening and healthy food access. Founded by a U-M graduate, Growing Hope’s work includes providing start-up gardening assistance, a garden membership program, teaching classes and workshops, and developing training materials. www.growinghope.net

• The Huron River Watershed Council’s mission is to inspire attitudes, behaviors, and economies that protect, rehabilitate, and sustain the ecological and cultural communities of the Huron River ecosystem. www.hrwc.org

• The Huron Valley Sierra Club is the local chapter of the Sierra Club, a non-profit organization dedicated to helping people explore, enjoy, and protect the wild places of the earth. They offer multiple outings and monthly programs. www.michigan.sierraclub.org/huron

• The Michigan League of Conservation Voters is a leading non-partisan organization whose environmental priorities are to secure adequate state funding for environmental protection and conservation, address the threat of climate change in Michigan, and protect the health of future generations. www.michiganlcv.org

• The National Wildlife Federation is the nation’s largest conservation organization, committed to protecting wildlife, restoring natural habitats and ecosystems, and educating the public to adopt similar practices. Since 1982, the Great Lakes Regional Center has worked to protect the Great Lakes. www.nwf.org/Great-Lakes.aspx

• Natural Area Preservation is part of the Ann Arbor city government and works to protect and restore Ann Arbor’s natural areas and foster an environmental ethic among its citizens. One-third of all field work is done by volunteers. www.a2gov.org/NAP

• The Nature Conservancy in Michigan’s mission is to preserve the plants, animals, and natural communities that represent the diversity of life on Earth, by protecting the land and water resources they need to survive. www.nature.org

Being sustainable need not hamper your fun! Here are some great tips to make your weekend plans fun and sustainable.

green your party scene!

• Instead of buying disposable plates, go to a thrift store, yard sale, or even your grandmother’s basement to stock up on reusable plates, cups, and utensils for a unique and eclectic vibe.

• Use natural light whenever possible to light the room.

• Bring your own cups! Make a fun game out of it. Whoever brings the coolest cup wins a prize!

• Offer locally produced snacks and locally grown produce. (See the Green Market section for places to shop.)

• Serve healthy “finger food,” with no plates or utensils necessary.

• Ditch the speakers! Invite musician friends to perform cool music to dance to all night long!

• Ban cigarettes (and all that packaging). Who wants to smell bad anyway?

• Spread the word! Make sure your guests know that the food is locally grown and produced, or that there is a band instead of a DJ, which saves energy. Sharing your efforts to make the event more sustainable may inspire more ideas from them!

• Want to make your night a movie night? Show environmentally focused films that are educational and entertaining. (See the suggested film list in the “Green Media” section of this guide.)

• Turn the lights off! It’s more fun in the dark anyway!

dorm reform

Residence halls recycle nearly 53% of their total waste. Keep up the good work undergrad residents!
greenmarket

Whether you’re in the market for a new bike or pair of jeans … planning a dinner out … or looking for something to do over the weekend, be sure to check this Green Market Guide to find environmentally responsible shops, restaurants, and organizations. Where you spend your time and money matters. (Be sure to ask about discounts available by showing your U-M I.D. card!)

need a bike?

Whether you want to buy a new or used bike, or rent one on campus, here are some resources to help you get in gear:

Planet Blue Bike Rental Programs
The Outdoor Adventures Center
336 Hill St. (next to Ebel Field at Hill St. and Division St.)
(734) 764-3967
www.recsports.umich.edu/outdooradv
(click on “Blue Bikes”);
outdooradventures@gmail.com

Midwest Bike and Tandems
1691 Plymouth Rd.
(734) 213-7744
www.midwesttandems.com

Transition Rack
217 S 4th Ave. (734) 214-9700
Transitionrack.com

Campus Student Bike Shops
336 Maynard St.
(734) 327-6949
www.campusstudentbikeshop.com

Two Wheel Tango
3162 Packard St.
4765 Jackson Rd.
(734) 528-3030
www.twowheeltango.com

Great Lakes Cycling & Fitness
2015 W. Stadium Blvd.
(734) 668-6484
www.greatlakescycling.com

Wheels in Motion
3400 Washtenaw Ave.
(734) 971-2121
www.wheelsinmotion.us

bike repairs

Common Cycle is a donation-run, local organization with the goal to help people get on their bikes. They’re about helping people ride their bikes in whatever way makes them happy—to get around town, to get to work, or to have fun. They do this by teaching basic repair, maintenance, and riding skills, and helping to foster a community of people who ride bikes in Ann Arbor. You can find their repair stand every Sunday from 11 a.m. until 3 p.m. at locations around town.

www.commoncycle.org; Email: info@commoncycle.org
### restaurants

Help support a greener marketplace by supporting businesses that “walk the talk” of sustainability. Here’s a list of businesses to consider nearby.

**Key**
- Vegetarian Options
- Vegan Options
- Locally Sourced
- Organic Purchasing

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<th>Name</th>
<th>Vegetarian Options</th>
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<th>Moderately Priced ($10-$20/meal)</th>
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<td>Earthen Jar Vegetarian Cuisine</td>
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### reuse stores

Buying previously owned merchandise and/or donating unwanted items to thrift stores is an easy way to help reduce waste, as well as to save money. Here are some of the many reuse outlets in Ann Arbor (for items such as clothing, décor, electronics, furniture, and much more).

<table>
<thead>
<tr>
<th>Name</th>
<th>Inexpensive (less than $10/meal)</th>
<th>Local Source (%)</th>
<th>Expensive (more than $20/meal)</th>
<th>Organic Purchasing</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Getup Vintage</td>
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<tr>
<td>Habitat for Humanity ReStore</td>
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<td>Kiwanis Thrift Sale</td>
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<td>U-M Property Disposition</td>
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<tr>
<td>The ReUse Center</td>
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<td>Salvation Army</td>
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<td>Star Vintage</td>
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<td>St. Vincent de Paul Thrift Store</td>
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<td>Ann Arbor PTO Thrift Shop</td>
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</table>
Sparrow Market
415 N. Fifth Ave, 1st Floor
(734) 761-8175
www.sparrowmarket.com

Trader Joe’s
2398 E. Stadium Blvd.
(734) 975-2455
www.traderjoes.com

Washtenaw Dairy
602 S. Ashley St.
(734) 662-3244
www.washtenawdairy.com

Whole Foods Market
990 W. Eisenhower Pkwy.
(734) 997-7500
3135 Washtenaw Ave.
(734) 975-4500
www.wholefoodsmarket.com

MFarmers’ Market
Held on central and north campuses in the fall.
See dates and locations at
www.sustainability.umich.edu/events.

U-gos
Michigan Union
Michigan League
Pierpont Commons
www.unions.umich.edu/ugos

SEARCH ONLINE for other places to
eat or buy locally sourced foods
www.realtimefarms.com

Jerusalem Garden
307 S. Fifth Ave.
(734) 995-5060
www.jerusalemgarden.net

Mark’s Carts
211 W. Washington St.
www.markscartsannarbor.com

Ravens Club
207 S. Main St.
(734) 214-0400
www.theravensclub.com

Revive
619 E. University St.
(734) 332-3366
www.revive-replenish.com

These grocers provide local, organic, or bulk options.

Ann Arbor Farmer’s Market
315 Detroit St.
(734) 794-6255
www.a2gov.org/market
May - December:
Saturdays & Wednesdays,
7:00 a.m. - 3:00 p.m.
June - October:
Wednesday Evening Market,
4:00 p.m. - 8:00 p.m.
January - April:
Saturdays,
8:00 a.m. - 3:00 p.m.

Babo Market
403 E. Washington St.
(734) 997-8495
www.baboannarbor.com

By the Pound
615 S. Main St.
(734) 665-8884

Door to Door Organics
Online Delivery Service
www.doortodoororganics.com

Arbor Farms Market
2103 W. Stadium Blvd.
(734) 996-8111
www.arborfarms.com

Peoples’ Food Co-op
216 N. Fourth Ave.
(734) 994-9174
www.peoplesfood.coop

Plum Market
Maple Village Plaza
375 N. Maple Rd.
(734) 827-5000
www.plummarket.com

The Produce Station
1629 S. State St.
(734) 663-7848
www.producestation.com

Replenish
619 E. University St.
(734) 332-3355
www.revive-replenish.com

Himalayan Bazaar
218 S. Main St.
(734) 997-7229
www.thehimalayanbazaar.com

Kerrytown Market & Shops
415 N. Fifth Ave.
(734) 662-5008
www.kerrytown.com

Maggie’s Organics (Online Store Only)
www.maggiesorganics.com

Middle Earth Gifts
1209 S. University St.
(734) 769-1488
www.middleearthgifts.com

The Peaceable Kingdom
210 S. Main St.
(734) 668-7886
www.theaapk.com

Perpetua Boutique Organique
209 S. Fourth Ave, Suite 1A.
(734) 222-9270
www.perpetuaboutique.com

Sunday Artisan Market
315 Detroit St.
(734) 913-9622
www.artisanmarket.org
April – December:
Sundays, 11:00 a.m. - 4:00 p.m.

Ten Thousand Villages
303 S. Main St.
(734) 332-1270
www.annarbor.tenthousandvillages.com
Want more? Check out http://thinklocalfirst.
.net for a listing of unique Ann Arbor
businesses to support!
activities & recreation

Playing in the great outdoors is a wonderful way to learn about and appreciate the environment. Here’s a list of just some of the many recreational opportunities in the Ann Arbor area, including outdoor outfitters, local parks, and related student groups.

Outdoor Outfitters

Argo Canoe Livery: Offers kayak and canoe rentals. Instruction is available. 1055 Longshore Dr. (734) 794-6241 www.a2gov.org/canoe

Bivouac Ann Arbor Gear Rentals: Outdoor equipment retailers and gear rental. 336 S. State St. (734) 761-6207 www.bivouacannarbor.com

Gallup Canoe Livery: Offers canoe, kayak, paddleboat, and rowboat rentals and is surrounded by park trails and playgrounds. 3000 Fuller Rd. (734) 794-6240 www.a2gov.org/canoe

Moosejaw: Outdoor gear and equipment 327 S. Main St. (734) 769-1590 www.moosejaw.com/

MRock: The Outdoor Adventures climbing wall. Lots of bouldering and rock-climbing gear included in the $5 fee. Intramural Sports Building, 606 E. Hoover Ave. (734) 764-7625 www.recsports.umich.edu/outdooradv/climbing

Outdoor Adventures: University of Michigan Dept. of Recreational Sports outdoor trips and gear rental program. 336 Hill St. (734) 764-3967 www.recsports.umich.edu/outdooradv

Planet Rock Climbing Gym: Indoor climbing wall for all skill levels with gear available to rent. Wonderful staff! 82 April Dr. (734) 827-2680 www.planet-rock.com

REI: Outdoor gear and equipment for rental or purchase. 970 W. Eisenhower Pkwy. (734) 827-1938 www.rei.com

Parks

Matthaei Botanical Gardens: Has a set of fun trail loops, the U-M Campus Farm, and plenty of community activities. 1800 N. Dixboro Rd. (734) 647-7600 www.lsa.umich.edu/mbg/see/matthaei


Leslie Science & Nature Center (LSNC): LSN has about 50 acres of parkland, a critter house, raptor enclosures, and many opportunities for volunteering. 1831 Traver Rd. (734) 997-1553. www.lesliesnc.org

Pinckney Recreation Area: A State of Michigan-run recreation area with camping and trails. 8555 Silver Hill Rd. Pinckney, MI 48169 (734) 426-4913 www.dnr.state.mi.us/parksandtrails

Waterloo Recreation Area: State of Michigan-run recreation area with camping and trails. 16345 McClure Rd. Chelsea, MI 48118 (734) 475-8307 www.dnr.state.mi.us/parksandtrails

City of Ann Arbor Parks: A2 is home to 157 city parks. Find park locations and features at www.a2gov.org/parks

Student Organizations

Kayak Club: Connects kayakers and paddlers from all over U-M and offers training sessions at the NCRB pool. Intramural Sports Building 606 E. Hoover St. www.sitemaker.umich.edu/kayak

Michigan Birders: A network of individuals dedicated to the enjoyment and conservation of wild birds and to increasing student involvement. 530 S. State St. 3909 Michigan Union Email: umbirders@umich.edu

Michigan Climbing Club: Connecting students and faculty interested in climbing with movie nights, trips, and ride sharing. www.umich.edu/~climbing

Michigan Fly Fishing Club: Utilizes four different aspects: conservation, education, exploration, and fun. Open to beginners and experienced students. Email: flyfishingclub@umich.edu

Michigan Sailing Club: This U-M student organization offers a unique and affordable opportunity to learn and practice the art of sailing. Clubhouse is on Baseline Lake in Dexter. First two visits are free! 8010 Strawberry Lake Rd. Dexter, MI. www.umich.edu/~umsc

Society of Les Voyageurs: A group dedicated to learning from and enjoying the outdoors. They do informal trips, educational programs, and weekly potlucks. 411 Longshore Dr. (734) 662-1553 Email: lv-guests@umich.edu

green media

Time is limited, so if you’re going to take time out to see a movie or read a book, here are some suggestions to make it worthwhile:

Documentaries

11th Hour
Carbon Nation
Chasing Ice
The Cove
Food, Inc.
Forks Over Knives
Fracktopia (produced by U-M Engineering)
The Future of Food
Gasland
Homegrown Revolution
Island President
King Corn
No Impact Man
Planet Earth
Tapped
Trash Inc: The Secret Life of Garbage
Who Killed the Electric Car

Dramas & Biographies
A Civil Action
The Day After Tomorrow
Erin Brockovich
Fast Food Nation
Promised Land

Books
Coming into the Country by John McPhee
Eaarth by Bill McKibben
Eating Stone by Ellen Melpy
The End of Growth by Richard Heinberg
The End of Nature by Bill McKibben
Food Matters: A Guide to Conscious Eating by Mark Bittman
Food Rules by Michael Pollan
The Green Book by Elizabeth Rodgers and Thomas M. Kostigen
Ishmael by Daniel Quinn
The Land of Little Rain by Mary Austin
The Localization Reader by Ray De Young and Tom Princen
The Moon by the Whale Light by Diane Ackerman
My First Summer in the Sierras by John Muir
The Old Farmer’s Almanac
Omnivore’s Dilemma by Michael Pollan
Our Choice by Al Gore
Pilgrim at Tinker Creek by Annie Dillard
Plan B: Mobilizing to Save Civilization by Lester R. Brown
Plenitude by Juliet Schor
The Ravaging Tide by Mike Tidwell
Rebuilding the Foodshed by Philip Ackerman-Leist
Red Sky at Morning by Gus Speth
Refuge by Terry Tempest Williams
A Sand County Almanac by Aldo Leopold
Silent Spring by Rachel Carson
The Story of Stuff by Annie Leonard
learn more... stay connected... get involved!

For more information, visit the Planet Blue website at www.sustainability.umich.edu. This comprehensive website outlines multiple sustainability-focused research, education, and operations efforts at the university. It also includes a searchable database of hundreds of sustainability courses offered at U-M. For helpful links, tips, and student-activity information, also visit the Student Sustainability Initiative on Facebook, or log onto www.umssi.org.

facebook.com/UMSustainability

twitter.com/UMPlanetBlue

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